A study of stress management during COVID-19 in School education with reference to Western Uttar Pradesh

A Synopsis

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A study of stress Management during COVID-19 in School Education in India with reference to Western U.P.

COVID-19 Pandemic has disturbed the entire world. Its evolution was in China and non spreaded in the entire world. COVID-19 destructed the routine of normal daily life of human being, and also brutally shaked the sentiments and emotions of the people. Our Indian government declared lockdown in whole country to promote the social distancing on 22nd March 2020. In Uttar Pradesh, COVID-19 was spreaded in March 2020. All Schools, Colleges and Universities are declared to be closed due to the Pandemic all over the world. This pandemic brutally disrupts the whole education system. The method of teaching transferred from offline to online. Due to his change in method of teaching, students, teachers and parents are facing many problems. Various consequences of the COVID-19 in education system is elaborated in this present paper. In present paper in the Journal of Nutrition, we can determine effects in Uttar Pradesh, which is a populous state with over 200 million people. We can identify that this lockdown has caused many disruptions to the health of every individual and also to both the supply of and demand for health services that emerged the conditions of lockdown measures.

Key Points :

When COVID-19 dissrupted the very existence of mankind. Internet has become a sole window of hope. Internet has become a sole window of hope. Internet connections helped the people to maintain healthy social connections to the entire virtual world where it is impossible to maintain social and physical connections. In this phase, there is only medium through internet connections, various health practitioners to keep themselves updated with latest happenings in terms of medical

field about containment and treatment of the corona virus infections, as well as effective preventive methods. The traditional books is replaced by e-books and brick and mortar classrooms have been replaced by virtual classrooms. In this phase, most important components of the education process is computer and internet a set virutal learning environment emerged in COVID-19 period.

Due to the emergence of COVID-19 various activities closed like school meals, access to friends, such activities and ground for the school children all over the World have been closed and fully shut till two academic years students have to study online from offline they are not allowed to go out for meeting their friends their school experiences temporarily closed for this COVID-19 disease. This COVID-19 snatched school meals, access to their friends from the students.

- Positive Impact of COVID on Indian Education

In Online classes, various things can be seen like back benchers are not here, norote learning takes place. A positive thing is seen in the online class all students got a front row seat. The government and educational institutions puts a great effort to run the things smoothly.

- Negative Impact of COVID-19 on education :

Most suffered sector is Education sector through the emergence of COVID-19. Many negative impacts on education system are listed below.

- Classes have been stopped and exams at different levels also rejected.
- Different educational boards have already postponed the term examination and different kinds of tests. Procedure of Admission also got postponed and delayed due to the emergence of COVID-19. Some where, recruitments for

different posts, placements got postponed. Unemployment rate is increased due to COVID-19. Indians lost their jobs and returned back to their hometowns from overseas. Due to lockdown, many Indians are unable to get jobs, parents responsibility has already increased to educate their wards, some parents are educated while great trouble in teaching to their children in the house.

- We see a loss of nutrition due to closure of schools. Because Indian governments has launched a mid day meal programme to school age children nationwide. Mid day meal schemes have been shut during this emergence of Pandemic.
- As education method had already shifted from offline to online, many students may not be able to afford computer, laptop or supporting mobile phones in their homes. Online learning divides the students into two parts because poor students get poorer because they are not getting education because of change in mode of teaching. COVID-19 pandemic increased the gap between rich and poor students.

Introduction

Coronavirus disease 2019 (COVID-19) is firstly identified in Wuhan City, Hubei provinces, in December 2019 in China as a viral disease.

COVID-19 as a novel corona virus, its a severe acute respiratory syndrome Coronavirus-2 (STARS-COV-2), was identified by the International Committee on taxonomy of viruses.COVID-19 spreads globally in a very fast rate. The WHO World Health Organization announced it as pandemic on March 12, 2020. The total number of confirmed cases and mortality rates are approx 23 million and 8 lakh respectively.

In more than 200 countries on spread of COVID-19, various places like educational institutions, cinemas, shopping malls, swimming pool, gyms, multiplexes, tourists places of the state have been closed by the Uttar Pradesh Government.

- Chief Minister Yogi AdityanathJi announced the lockdown of more than 12 districts in State from 22nd March, including Noida, Ghaziabad, Agra, Aligarh, Allahabad, Kanpur, Varanasi, Bareilly, Lucknow, Saharanpur, Meerut, Lakhimpur, Azamgarh, Firozabad etc. The U.P. governments also puts the restrictions of following 14 day quarantine at their homes after arrival from other countries.
- Several measures are also taken to contradict the risk of spreading of COVID-19, like travel restrictions, to maintain social distance, bans on public gatherings at public places, closure of schools, colleges and universities, business ventures have also closed, quarantines for travellers, self-isolation, people started to work from their homes.

7. Several measures have been taken by Authorities in several countries to break the chain of this ever fasting spread of this virus infection, several countries worldwide have declared either, lockdown or curfew to break the chain.

These measures spread negative effects globally on the business sector, health and tourism sector.

All levels of education system has affected badly due to the impact of Covid-19. Various educational institutions approx 180 countries around the world has temporarily closed. This closure of educational institutions affected about more than 1.6 billion of student population globally, due to which many universities, Colleges delayed or postponed campus activities and gatherings. Due to after this a rise in

Covid cases all over the world globally suspension of classroom teaching in many colleges and Universities takes place, all over the world online teaching becomes effective mode of teaching and everybody whether graduate or undergraduate students become effective. Those students who have not electric gadgets suffered a lot and those who have electrical gadgets for online teaching are getting online mode education. Educated parents supported their Children in this pandemic but uneducated parents was unable to teach their children in this pandemic. There is always delay in the exams which leads to development of confusion for many students.

Technology shows the way for education, thus helped the students and teachers to connect virtually through the platform of virtual learning and so on. But the fact is that this platform is not available to every student in the world.

Every possible efforts was being made by the government for the betterment of students to attain everything by staying at home without getting affected by the virus.

8. Review of Literature –

This Pandemic COVID-19 brutally affected the large number of population in more than 200 countries. Closure of colleges, schools, universities and other educational and learning institutions have impacted more than 92% of the world's student population. Several Schools, Colleges and Universities have impacted their face to face teachings to their students. There is a fear of losing 2020 academic year or even more in the coming future. The COVID-19 provided the platform of digital learning to all the students globally.

E-learning mode of teaching played a crucial or very important role in the pandemic and helped the schools, colleges and students learning facilities in this pandemic.

Reddy et. al. (2018) concludes in their studies that stream wise stress does exists in every scholar globally. He also concludes that foremost study should be done to deal with stress at personal, social and institutional mode of level. First of all the main reason of stress should be find out, if findings is done the next step is to take remedies to deal it with, some remedies should be take to deal with stress with like Yoga, Life skill training, mindfulness, meditation and psychotherapy can be used to identify the main cause of stress. Some professionals can develop tailor made tactics to cut down the stress. The integrated well being is very essential for the individual not only for their well being but also for the institutional well being.

Stress can be managed by the students while giving utmost importance to their welfare. Exercise, food, work, recreation are some of the areas to focus on. He also conclude that education system plays the important role for the overall development of the student and does not contribute enough to the holistic development.

11. Students are forced to take challenges to meet the educational qualifications as the focus is only the academics and not the development to go with betterment. There are no options available for medium of English for education. English being the only option and it poses a big hindrance for the students from rural background. Academic stress and mental stress are inter related to each other that students are troubled by the academic structure. According to Agolia (2009) stress has become an important topic in academic sector. Financial pressures, lot of academic engagements, and lack of time management skills lead to building up of different levels of stress, Excessive level of stress can affect all levels of well being whether

socially, mentally and physically and academic performance. It becomes important that undergraduate students establish methods or plan some strategies to deal with stressful situation.

Objectives and Hypothesis

No doubt, stress has become the part of life in the pandemic world, as fellow students now report being stressed out than ever, Waghachavare et al, 2013 in his study state that various studies across the world students undertaking professional courses are subjected higher stress. Depression and anxiety can be seen through excessive stress which lead to psychological problems. The objective of this study is to associate with various academic, social and health related factors to assess stress among students.

- The main objectives of this study are –
    - To identify the level of stress among students
    - To know the factors causing stress among the students.
    - To judge the impact of stress on academic success during the pandemic.
    - To find out best possible outcomes to reduce the stress level.

13. Research Methodology

The datacollection are collected from the respective sources and it involves both primary and secondary data collection. The data primarily is collected by the help of a well structured questionnaire from students comprising of both stress factors and academic factors. From Online database, books and the journals available as source of information, secondary data are collected. Simple random sampling technique is

used for method of sampling. The simple percentage method, Chi-Square and t-test will be used to analyze the collected data.

Statement of the problem –

Those students who have stress leads to the bad performance in the academic work. Lack of concentration is experienced by the students due to stress. Stress affected their lives to some extent they loose their ability to concentrate. Stress affected the productivity of output. Nearly 47% of the students have proved that they stress formed their part of work as work load. The mode of language and lack of support of the students receive formed a reason of stress. The resources available for the person in order to deal with specific stressful events and situations are more influenced by level of experienced stress. Moreover studies focused on the sources of stress among lectures of University. Some studies explored the differences in perceptions of potential sources of stress among students. The result has also identified that both genders equally face impact of stress in their performance and there is no difference among the genders.

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